

My Living Well Pledge – A Contract with Myself



- I promise to work on myself to become a better version of me.
- I am committed to learn, to grow and enhance my life.
- I will respect my body, my life and continue with to live with excellence.
- I will make the right choices to alter my life for the best, acting in a positive manner and only blame myself if I don't achieve my goals.
- I will learn that small steps create big progress and results.
- I will let go of things that have a negative influence in my life.
- I will change my habits gradually.
- I will eat well for my health, I love my body and will look after it.
- I will love more and receive love in a healthy relationship.
- I have choice in my life every day.
- I will build in what I have learnt each day with all these lessons.
- I am ready to make changes to this part of my life that I have ignored.
- I am ready to succeed and have passion in what I do.
- I will stay focused and take ACTION, changing my behaviour.
- I deserve the best in life and I am ready for opportunities, risk and change.
- I deserve the best – I am worth it.
- I will show dedication, self-respect, discipline and patience.
- This commitment is to live my new life, live with happiness and love of myself each day.
- My future is mine to create!

Signed:

“Start living today with passion, love, connection and good health”

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